



## MOMENT MAGAZINE ZOOMINAR

Tuesday, August 17, 2021

### Rosh Hashanah in an Instant with Paula Shoyer

#### Menu

#### Georgian quinoa with beets and walnuts

#### Tzimmis

For more information about Paula Shoyer and recipes, go to [www.thekosherbaker.com](http://www.thekosherbaker.com)

Instagram: @kosherbaker - please follow!

Join Paula's private Facebook group called Kosher Baker <https://bit.ly/3ewpYq3>

Upcoming virtual classes and to join Cooking Club <https://www.airsubs.com/pros/paula-shoyer>

Paula is available for private classes for friends and family or corporate zoom get togethers.

Message her here <https://thekosherbaker.com/contact/>

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**The Holiday Kosher Baker \$25, The Kosher Baker \$30,**

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You can also order the new book here: <https://www.barnesandnoble.com/w/the-instant-pot-kosher-cookbook-paula-shoyer/1138839917?ean=9781454937531>

## **GEORGIAN QUINOA WITH BEETS AND WALNUTS**

In the summer of 2018, food writer Jessica Halfin took me on a kosher street food tour of Haifa, Israel and we shot a video of the tour. She took me to bakeries, a bureka place, and a fruit shop. My favorite savory stop was Baribcek, a small restaurant where I tasted this salad. They also serve a sabich bowl of warm hummus, fried eggplant, chickpeas, and tahini that rocked my world.

**GLUTEN-FREE, PARVE, PASSOVER, VEGAN**

**HANDS-ON TIME: 5 Minutes, quinoa and beets need 10 Minutes to cool**

**TIME TO PRESSURE: 8–9 Minutes**

**COOKING TIME: 0 Minutes**

**BUTTON TO USE: Pressure Cook**

**RELEASE TYPE: Natural Release for 10 Minutes**

**ADVANCE PREP: May be made 2 days in advance**

**Serves 6–8**

**1 cup (170g) quinoa, rinsed and drained**

**1 1/2 cups (354ml) water**

**1 medium beet, peeled and cut into 1/4- to 1/3-inch (6mm to 8mm) pieces (wear gloves!)**

**3 tablespoons extra virgin olive oil**

**1 stalk celery, chopped into 1/4-inch (6mm) pieces**

**4 green onions, sliced thinly on an angle**

**2/3 cup (16g) roughly chopped Italian parsley**

**1 tablespoon lemon juice, from half of 1 lemon**

**1/2 teaspoon cumin**

**1/4 teaspoon salt**

**1/4 teaspoon black pepper**

**1 1/2 cups (150g) walnut halves, chopped roughly**

Place the quinoa, water, and beets into the inner pot and stir. Secure the lid, ensuring that the steam release handle is in the Sealing position. Press the Pressure Cook button and set

the cooking time for 0 minutes. When the cooking time is complete, let sit for 10 minutes to naturally release the pressure. Turn the steam release handle to the Venting position to release any remaining pressure.

Press Cancel and remove the lid. Stir and then place the quinoa and beets into a large bowl and let cool for at least 10 minutes. Add the oil, celery, green onions, parsley, lemon juice, cumin, salt, pepper, and walnuts. Mix well. Serve at room temperature.

## **TZIMMIS**

It's not Rosh Hashanah or Sukkot without Tzimmis, the classic Ashkenazi stew with many variations. When my children were young, I made sure to include some of the lesser know Jewish dishes that are part of our food history so that those recipes would not be lost. For holidays, make sure you include in your menu some of the classic Jewish dishes.

Gluten-free, Parve, Passover, Vegan and Vegetarian (with vegetable stock)

**HANDS ON TIME:** 5 minutes

**TIME TO PRESSURE:** 12 minutes

**COOKING TIME:** 8 minutes

**BUTTONS TO PRESS:** Pressure

**RELEASE TYPE:** quick release

**ADVANCE PREP:** may be made 2 days in advance

*Serves 8*

**1 cup fresh orange juice (from 3 large oranges)**

**½ cup chicken or vegetable stock**

**2 ½ to 3 pounds sweet potatoes, peeled and sliced into 3-inch chunks**

**1/2 cup dried apricots**

**1/2 cup pitted prunes**

**¼ teaspoon ground ginger**

**½ teaspoon ground cinnamon**

**½ teaspoons kosher salt**

**black pepper to taste**

Place the orange juice, stock, sweet potatoes, apricots, prunes, ginger, cinnamon, salt and some pepper into the inner pot. Stir.

Secure the lid, ensuring that the steam release handle is in the Sealing position. Press the Pressure cook button and set the cooking time for 8 minutes. When the cooking time is complete, turn the steam release handle to the Venting position to quickly release the pressure. Press Cancel and remove the lid. Stir gently and serve.